Dynamics

ADAPT / 59 MDW

Learning Objectives:

- Understand the importance of working as a team, rather than just as individuals
- By teamwork, enhance your group experience & support system
- Understand group dynamics

Purpose of Group:

- Learn to express feelings
- Learn to talk through problems
- Learn new skills in building relationships & support systems
- Improve problem solving techniques
- Improve personal stress management
- Apply course didactic information

Group Is Necessary Because:

- It’s a safe environment to learn to open up to others
- You can learn to safely challenge each other about defense mechanisms
- Provides a chance to discover & use previously untapped potential
- A chance to learn to use a support system to assist in recovery

Group Confidentiality:

EXCEPTIONS:

1. Harm to self or others
2. UCMJ Violations
3. Physical, emotional, sexual, or mental abuse of others

Group Rules:

1. What is said in group -STAYS IN GROUP! (CONFIDENTIALITY)
2. Group starts ON TIME and ends ON TIME.

Group Rules:

3. No one is admitted more than 5 minutes late unless a valid excuse.
4. Disagree without becoming disagreeable.
5. Speak for yourself, not others.

Group Rules:

6. Use “I” statements about how you feel or what you think.
7. Avoid lengthy “war stories” & don’t monopolize group.
8. Follow group “rituals” & traditions.

Group Rules:

9. Stay in your seat unless your need is URGENT. If so, excuse yourself politely & return quickly.
10. NO BEEPERS OR CELL PHONES ARE TO BE ON OR USED DURING GROUP.

5 Stages of Group Development:

1. Forming
2. Storming
3. Norming
4. Performing
5. Ending

10 Curative Factors of Group Therapy:

1. Information
2. Hope
3. Universality
4. Altruism
5. Interpersonal Learning

10 Curative Factors of Group Therapy:

6. Imitation
7. Correctional Recapitulation of the Primary Family Group
8. Catharsis
9. Group Cohesiveness
10. Existential Learning

13 Functional Group Behaviors:

1. Members communicate openly
2. Members listen to each other
3. Decisions are reached by consensus
4. Members acknowledge & respond to the strengths & progress of peers

13 Functional Group Behaviors:

5. Members appreciate & encourage each member's participation
6. Members take turns speaking
7. Members own their own opinions & feelings – "I" statements
8. Members encourage peers to speak for themselves

13 Functional Group Behaviors:

9. Members focus on the present & the changes they need to make in themselves
10. Members follow the guidelines set during the initial sessions
11. Members are concerned about the group's functioning

13 Functional Group Behaviors:

12. Members give emotional support and are sensitive to one another's needs & feelings
13. Members assume responsibility for the group's success

Johari's Window:

OPEN AREA Know to me Know to others	**SECRET AREA** Know to me Not know to others
BLIND AREA Known to	**LOST AREA** Forgotten or

Self-Disclosure:

- You must disclose to grow
- Never punish for self-disclosure
- Self-disclosure helps others
- When you learn something about yourself in sharing, someone else learns something also

Effective Confrontation:

- **Use only "I" statements – tell how you would feel or think in the same situation**
- **Your opinion may not be right or wrong, only different**
- **RECOVERY is the ***ONLY*** goal for group**

Sources of Group Conflict:

- Misunderstanding Circumstances
- Conflicting Priorities

Value of Conflict:

- Different points of view surface
- Allows venting of frustration
- Supports problems solving

Effective Feedback:

Active Listening:

1. Ask a question
2. Listen to the feedback
3. Repeat the answer you heard
4. Ask if you have heard the question correctly

Types of Questions:

1. Open-Ended
2. Closed
3. Focused

Effective Problem Solving:

Problem Identification & Clarification:

1. The Individual
2. The Goal
3. The Obstacle
4. Clarification
5. Facts
6. Assumptions
7. Standards

Identification of Alternatives & Consequences:

- Brainstorming
- Discussion of choices
- Checking it out

Decision, Action, & Evaluation:

- Evaluate the effectiveness
- Periodically reevaluate
- Is it still working?
- Time to go to “Plan B”?

Four Goals of Group Therapy:

#1: Change in Thinking -

1. **Become aware of “self-talk”**
2. **Understand your own “private logic”**
3. **Use imaging & “mental rehearsals”**

#2: Change in Feelings -

- **Remember addiction is a killer of feelings so it can maintain status quo – Your job is to get back in touch with your feelings to give you extra incentive to continue your recovery……**

#3: Change in Actions:

- Remember – “When nothing changes, nothing changes!”

#4: Change in Relating:

- Addiction isolates you from reality & other people. This is your ticket back to the world.

Group is a microcosm of how you interact with your world. This is an opportunity to develop positive solutions to

Questions ?